



Week 5.

The Daily Mile™

“Being fit and healthy at a young age is incredibly important and The Daily Mile is a great way to help your children stay fit for life.”



Lewis Hamilton
Mercedes-AMG
Petronas F1 driver

Your challenge: The Daily Mile 7 Day Bingo

How to play:

Do The Daily Mile every day for seven days and see how many bingo tasks you can complete.

It's 15 minutes of running, jogging, walking, or wheeling at your own pace with a grown-up.

You don't need to measure a mile, just choose a good consistent surface without hazards for your challenge.

What you'll need:

- **A route in a safe outdoor area near you (make sure to check with a grown-up before you start your challenge)**
- **Comfortable clothes and footwear**
- **Try doing The Daily Mile with a friend**



The Daily Mile 7 day Bingo

Let's play!

The Daily Mile is simple and can be done by everyone! Just make sure you choose the right route for your ability – you can slow down to catch your breath where needed.



Tips to success

Listen to your grown-up when out and about

Try varying your route to see more of your local area this week

Ready for more of a challenge? Keep your Daily Mile going for a second week. Can you achieve a 14-day streak?

